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# Pankaj Oudhia's Notes on Ziziphus jujuba Mill. [Kirtikar, Kanhoba Ranchoddas, and Baman Das Basu. "Indian Medicinal Plants." Indian Medicinal Plants. (1918)].

- Posted by [Pankaj Oudhia](#) on May 5, 2014 at 7:40
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## Pankaj Oudhia

### Introduction

**Based on Ethnobotanical surveys since year 1990 in different parts of India Pankaj Oudhia has documented vital information about Medicinal Plants mentioned in the famous publication by Kirtikar and Basu (1918). Through this research document Pankaj Oudhia has tried to present original document with additional notes. For complete paper with pictures, Interactive Tables, Video and Audio clips please visit [pankajoudhia.com](http://pankajoudhia.com)**

For original publication by Kirtikar and Basu (1918) please visit <https://archive.org/details/indianmedicinalp01kirt>

286. Zizyphus Jujuba, Lamh h. f. b. I., i. 632.

Roxb. 204.

Habitat : — Throughout India, wild and extensively cultivated.

Ceylon, dry region common. Afghanistan, China, Malay.

Sans. : — Badari.

Arab : — Sidr.

Pers. : — Kunar.

Trimen says it is usually known in Ceylon by its Portugese name ' Masun ' (Masca, an apple).

Vern. : — Janun jan (Kol.) ; Ringa (Gond.) ; Jelachi (Kan.) ; Ziben (Burmese) — Brandis. Ber, baer (H.) ; Kul, ber (B.) ; Beyr, jangra (Sind) ; Reugha, regi, rega-panda (Tel.) ; Yellaude, Elandap-pazham (Tam.) ; Yelchi (Kan.) Jom Janum (Santal and Kol); Bar Koli (Uriya). J. Indrajī : — (Porebunder & Guj.) Bordi, Bori ; (Marathi) Baher, Bor ; (Hindi) Ber, Ben, Baher.

Trimen :— (Sinh ) Malmdebara ; (Tamil) Uantai.

A moderate-sized, deciduous thorny tree, almost ever-green, 30-50ft. Young branches and flowers covered with a dense fuscous tomentum. Large branches drooping, armed with stipular spines, equal, or, one straight, the other bent,

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rarely unarmed. " Branchlets, petioles, underside of leaves, and inflorescence densely clothed with bright tawny or nearly white tomentum" (Brandis). " Bark Jin. thick, dark grey, nearly black, with irregular cracks. Wood hard, reddish ; no heart-wood. Annual rings distinct, in specimens from N. India, indistinct from those in warmer regions. Pores small or moderate-sized, scanty, often oval and sub-divided. Medullary rays fine, very numerous, uniform and equidistant ; the distance between two rays much less than the transverse diameter of the pores. Pores frequently joined by short, fine, concentric lines (Gamble). A very variable tree. Leaves variable. 1-2J by 1-2in., elliptic-ovate or sub-orbicular, dark green and glabrous above, covered beneath with a dense woolly pale coloured tomentum. Margin entire or serrulate. Petiole 1/2-3/4in. long. Flowers greenish-yellow, greenish-white, says Trimen, on short axillary cymes 1/2in. long. Calyx glabrous, white. Petals unguiculate, sub-spathulate, very caducous, reflexed ; lamina oblong, concave or hooded. Disk fleshy, 10-lobed ; lobes grooved. Ovary 2-celled. Style 2, united to the middle. Drupes 2-celled, fleshy and mealy, glabrous, mucilaginous when

ripe and orange or red. Stone tuberculate, bony, irregularly furrowed, generally one-celled, never more than 2-celled.

Use :— The fruit is said to be nourishing (mawkish), mucilaginous, and pectoral and styptic. I think that the ripe fruit has a very agreeable taste — K.R.K. It is refreshing at any rate, Trimén says: — "The pulp has a pleasant sweetish flavour, when fully ripe. The berries are considered to purify the blood and to assist digestion. The bark is said to be a remedy in diarrhoea. The root is used in decoction in fever, and powdered to be applied to ulcers and old wounds. The leaves form a plaster in strangury (Baden-Powell.)

The young leaves are pounded with those of *Ficus glomerata* and applied to scorpion stings in the Concan ; they are also, with acacia catechu leaves, given as a cooling medicine in hot weather : dose 2 tolas. According to Ainslie, the root is prescribed in decoction by the Vytians in conjunction with sundry warm seeds, as a drink in certain cases of fever (Dymock).

**[Pankaj Oudhia's Comment: *Through Ethnobotanical surveys in different parts of India since year 1990 I have collected information about over 500,000 Traditional Herbal Formulations in which Ziziphus parts are used as important ingredient. In over 95,000 Traditional Herbal Formulations Ziziphus roots are added as nonary ingredient. In over 50,000 Traditional Herbal Formulations roots and leaves are added as tertiary ingredient. Among the Traditional Healers having expertise in treatment of nervous system related diseases the use of Ziziphus parts is very popular. Modern researchers are less aware of the important role played by this important species in treatment of nervous system diseases. Please see Tables Zizi-1 Zizi-200 for details.***

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E-documents on Ziziphus

<http://ecoport.org/ep?SearchType=earticleList&Author=oudhia&...>

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